

## **Soft Pretzels**

**by Olivia Lam**

Yield - 6 pretzels

### **Ingredients**

1 cup 2% milk  
2 1/4 tsp active dry yeast  
3 tbsp brown sugar  
2 1/4 cups all-purpose flour + a bit for kneading  
1/4 cup unsalted butter (softened)  
1 tsp salt  
1/4 cup baking soda + 1.5 cup warm water  
2 tbsp coarse sea salt

### **Directions**

In a saucepan, warm the milk until it hits 110°F (43°C).

In a medium bowl, add warm milk and sprinkle yeast otop. Gently stir in the yeast and allow it to soften for 2 minutes. Next, add in the brown sugar and 1 cup of flour, stir with a wooden spoon. Add 2 tbsp (half of 1/4 cup) softened butter and stir into mixture. Lastly, add in the remaining flour and salt.

Mix until blended and you'll have a sticky dough.

On a lightly floured surface, knead the dough for 5 minutes. Then shape into a ball and place back into bowl, cover with plastic wrap or a damp towel. Allow the dough to rise for 1 hour or until it has doubled in size.

When the dough is ready, preheat the oven to 450°F and line a large baking tray with parchment paper.

Gently push down on the dough to deflate and place onto a lightly floured surface. Divide the dough into 6.

For each piece, roll and stretch into a 20-inch rope. You can do this by holding the ends of the dough and slapping the middle of the rope on your counter as you stretch (resembles a skipping rope movement).

Form each piece into a pretzel shape (easiest to shape if you look at a picture to follow along).

In a shallow dish, dissolve the baking soda with warm water. Dip each pretzel into the solution, or brush all over.

Place pretzels onto a baking sheet. Bake for 10 - 12 minutes until golden.

Melt the remaining butter in a bowl and brush on top of the pretzels. Sprinkle coarse salt on top and enjoy!

Tip: Tastes great dipped in a full grain Dijon mustard with a bit of honey.